



A partnership of the Michigan Recreation and Park Association, the Michigan Department of Natural Resources and Blue Cross Blue Shield of Michigan

All-Natural Vitamins

Get your vitamins while you work out! Exposure to **sunlight** not only **improves your mood**, it can provide a nice boost to your **immune system**, thanks to the **vitamin D** your body absorbs directly from the sun!

Increased Attention Span

A 2008 study by University of Michigan psychologists found that **walking outside** or even just looking at pictures of **natural settings** improves directed attention — nature **restores** our **ability to focus**.

A Change of Scenery

Tired of **looking** at the **same four walls** during your workout? Hit up a nice **wooded trail**. Tired of that wooded trail? Head to the **beach** for a **refreshing workout**. The options are endless!

A More Complete Workout

Outdoors, your body is **constantly challenged** by inclines, declines, and obstacles. The adjustments your **body** must make on changing terrain **engage core** and **skeletal muscles** that aren't as active when the turf doesn't vary.

Better Memory

The same study supported previous experiments showing that **being in nature improves memory by 20 percent** when it came to recalling a series of numbers.

Low Cost

You can start your outdoor fitness routine for little to no cost at all. Supplement your personal workout with some fun, **inexpensive Fresh Air Fit** programs and you're still **saving money** while getting into **great shape** in the great **outdoors**!



For a complete list of state park events,

www.michigan.gov/stateparks

visit